

# The Journey through Grief

*Ecclesiastes 3:1-4 There is a time for everything...  
a time to weep and a time to laugh, a time to mourn and a time to dance...*

## **It is ok to be sad and grieve and cry**

*Ecclesiastes 7:2 It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of everyone; the living should take this to heart.*

Grief is a dark, lonely, confusing road that feels like it is going nowhere, yet, there is a light at the end

## **We can grieve with hope (not in hopelessness)**

*1 Thessalonians 4:13... do not grieve like the rest of mankind, who have no hope.*

*John 16:20 Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.*

It is the Biblical pattern to grieve and through it find a renewed closeness and hope in God.

*Psalm 30:11 You turned my wailing into dancing...*

*Lamentations 3:19-33*

## **Jesus wept**

- **Jesus grieved his own pain**

*Mark 14: 32-34 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.*

(Yet for the joy set before him, he endured it)

*Hebrews 12:2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

- **Jesus grieved the pain of others**

*John 11:32-35 [Mary's brother Lazarus had died] When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept.*

- **Jesus grieved the sin in people and the coming judgment**

*Luke 19:41-44 As he approached Jerusalem and saw the city, he wept over it and said, "If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God's coming to you."*

- **Grief is also the appropriate response to our own sin**

*James 4:8-10 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.*

## **How do we grieve well?**

It is different for everyone. It is a surreal, illogical process that we grope through while trying to cling to God.

Ideas:

- Give yourself permission to grieve.  
God says there is a time for it. We have the example of Jesus and many others, Jesus says blessed are those who mourn, for they will be comforted (Matthew 5:4)
- When you feel the loss and the brokenness, use the anger to move you towards grief.
- Refuse to be in denial (tell the truth, what does it feel like? What did you want? etc.).  
When you can, speak it to God.
- Put aside distraction for a time: entertainment, conversations, busyness, etc.
- Read Psalms or Lamentations or play/listen to music that helps you connect with your grief.
- Have people around that will grieve with you (Romans 12:15).
- Get someone to help you process your grief (Proverbs 20:5).

How do we keep hope during grief?

- Be thankful for what the loss represented (this reminds us how God has been good).
- Stop grieving when you are done, clean yourself up, eat a good meal, rejoice and seek God (2 Samuel 12:20).  
(You are allowed to grieve it again later)
- Remember what Jesus has done! (this reminds us how God will be good, he is making all things right).

*Revelation 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."*

*Isaiah 61:1-3*

**Grief hurts, but the end of the road is good**